

WINTER 2014 BRANCH SITE SCHEDULE

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| <p><u>Core Conditioning</u></p> <ul style="list-style-type: none">• Tuesday and Thursday• Time: 10:00am• Location: Lynn View Branch Site• Instructor: Chris Hicks• Great for all ages• Gain core strength <p><u>Beginning Crochet</u></p> <ul style="list-style-type: none">• Tuesday,• 6 week class• 11:00-12:00• Instructor: Susan Egan• \$25.00• Must be right handed, call for materials list. 765-9047 <p><u>Intermediate Crochet</u></p> <ul style="list-style-type: none">• Tuesday• 6 week class• Instructor: Susan Eagan• 12:00-1:00• \$25.00• Bring your own pattern <p><u>Beginning Drawing</u></p> <ul style="list-style-type: none">• Wednesday• Time: 10:00am - 12:00 noon• Location: Lynn View Branch Site• Instructor: Jo Anne McDonough• Basic drawing class <p><u>Advanced Drawing</u></p> <ul style="list-style-type: none">• Wednesday• Time: 9:00am –11:00am• Location: Lynn View Branch Site• Instructor: Jo Anne McDonough• Must have taken the beginning class or have permission of the instructor <p><u>Line Dance - Beginning</u></p> <ul style="list-style-type: none">• Monday• Time: 11:30am - 12:30pm• Location: Boys/Girls Club• Instructor: Lyna Faye McConnell <p><u>Line Dance - Intermediate</u></p> <ul style="list-style-type: none">• Monday• Time: 12:45pm –1:45pm• Location: Boys/Girls Club• Instructor: Lyna Faye McConnell• Faster-paced, less instruction for advanced dancers. | <p><u>Advanced Yoga</u></p> <ul style="list-style-type: none">• Tuesday and Thursday• Time: 11:00am - 11:30am• Location: First Broad Street UMC Rec. Room• Instructor: Tish Kashdan <p><u>Private Personal Training with Chris</u></p> <ul style="list-style-type: none">• Call for appointment ~ 723-9967• Call for prices• Instructor: Chris Hicks <p><u>Artist and Crafters Monthly Breakfast</u></p> <ul style="list-style-type: none">• 2nd Tuesday• 9:30am• Lynn View Branch Site• Please call for reservation 765-9047 <p><u>Strength Training</u></p> <ul style="list-style-type: none">• Tuesday and Thursday• Time: 9:00am• Location: Lynn View Branch Site• Instructor: Chris Hicks <p><u>Yoga</u></p> <ul style="list-style-type: none">• Tuesday and Thursday• Time: 11:30am - 12:30pm• Location: First Broad Street UMC• Instructor: Tish Kashdan <p><u>Zumba Fitness</u></p> <ul style="list-style-type: none">• Tuesday 10:45am• Location: Lynn View Branch Site• Instructor: BJ Goliday• Minimum of 8 students required <p><u>SilverSneakers Muscular Strength and Range of Movement</u></p> <ul style="list-style-type: none">• Monday and Wednesday• Time: 10:00am• Location: Lynn View Branch Site• Instructor: Chris Hicks <p><u>Piloxing</u></p> <ul style="list-style-type: none">• Tuesday• Time: 9:30am• Location: Colonial Heights Baptist Church• Instructor: Terri Bowling• This class is a combination Pilates and kick boxing and is an intense workout. <p><u>* New Silver Sneakers Yoga beginning Soon at Lynn View Branch site. Watch for details!!!</u></p> | <p><u>Total Body Workout</u></p> <ul style="list-style-type: none">• Monday and Wednesday• Time: 9:30am• Location: VO Dobbins Community Center Gym #2• Instructor, Terri Bowling <p><u>Game Day</u></p> <ul style="list-style-type: none">• 3rd Tuesday of Month• Time: 12:00 noon• Lynn View Cafeteria• Group Leader: TBA• Sequence and variety of board games• <p><u>Pickleball</u></p> <ul style="list-style-type: none">• Monday, Wednesday & Friday• Time: 1:00pm - 3:00pm• Lynn View Branch Site <p><u>Silver Sneakers Yoga ***NEW</u></p> <ul style="list-style-type: none">• 6 week class• Wednesday• Time: 11:00am• Location: Colonial Heights Baptist Church• Instructor: Darlene Taylor <p><u>Indoor Walking</u></p> <ul style="list-style-type: none">• Monday - Friday• Time: 9:00am - 12:00 noon• Location: Colonial Heights Baptist Church walking track• There will be a roster in the gym office at the church. Please sign the roster as with any other class. |
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Artists Wanted

The Kingsport Senior Artisan Center is looking for a few new original artists to display and sell their work in our Artisan Center. Unique, original, hand made items will be considered. Please call for information. Cindy at 423 392-8402 or Hannah at 423-765-9047. Visit our website www.kingsportseniorartisancenter.com And like us on Facebook